

ABSTRACT OF THE DISCLOSURE

5 An optical disk includes at least one region
along a radial direction, and a plurality of tracks
provided in the at least one region. The at least one
region contains address regions radially positioned on
the plurality of tracks. In the address regions, data
which is common between two adjacent tracks of the
plurality of tracks is recorded at positions aligned
10 along the same radial direction on the two adjacent
tracks, and data which is not common between the two
adjacent tracks is recorded at positions along different
radial directions on the two adjacent tracks.

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